Little Matty’s prescription.
Little Matty is a fictitious 4 year old who weighs 16 kg.
CLASSICAL KETOGENIC DIET

MEAL 3.21:1 Ratio
15.10 g fat
0.51 g protein
4.20 g CHO
155 Kcal

VALENTINE FAT BOMBS

- 10g Cacao butter – SEVENHILLS ORGANICS
- 10g White chocolate – LINDT LINDOR

You will also need ½ teaspoon of liquid sweetener, ¼ teaspoon of vanilla extract and some red food colouring (Gel is strongest).

Melt the cacao and Lindt.
Mix the red colouring (you only need a tiny bit) with the sweetener and extract, then stir into the melted chocolate.
Put in to heart moulds and leave to set.

I made 7 hearts, each one is: 2g fat / 0.7g protein / 0.5g CHO

Mo’s tip: You could leave them white and decorate as you like with a little food colouring.

All our recipes are tried and tested to ‘Little Matty’s’ prescription. Little Matty is a fictitious character and all of his recipes will need to be adapted to EACH INDIVIDUALS prescription. Please take these recipes to your dietitian and he/she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

© Matthew’s Friends 2016  Registered Charity Number 1108016